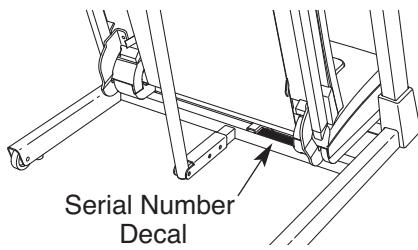


PRO-FORM[®] QUICK START 7.0

Model No. PETL60708.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com
www.iconsupport.eu

Write:

ICON Health & Fitness, Ltd.

Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

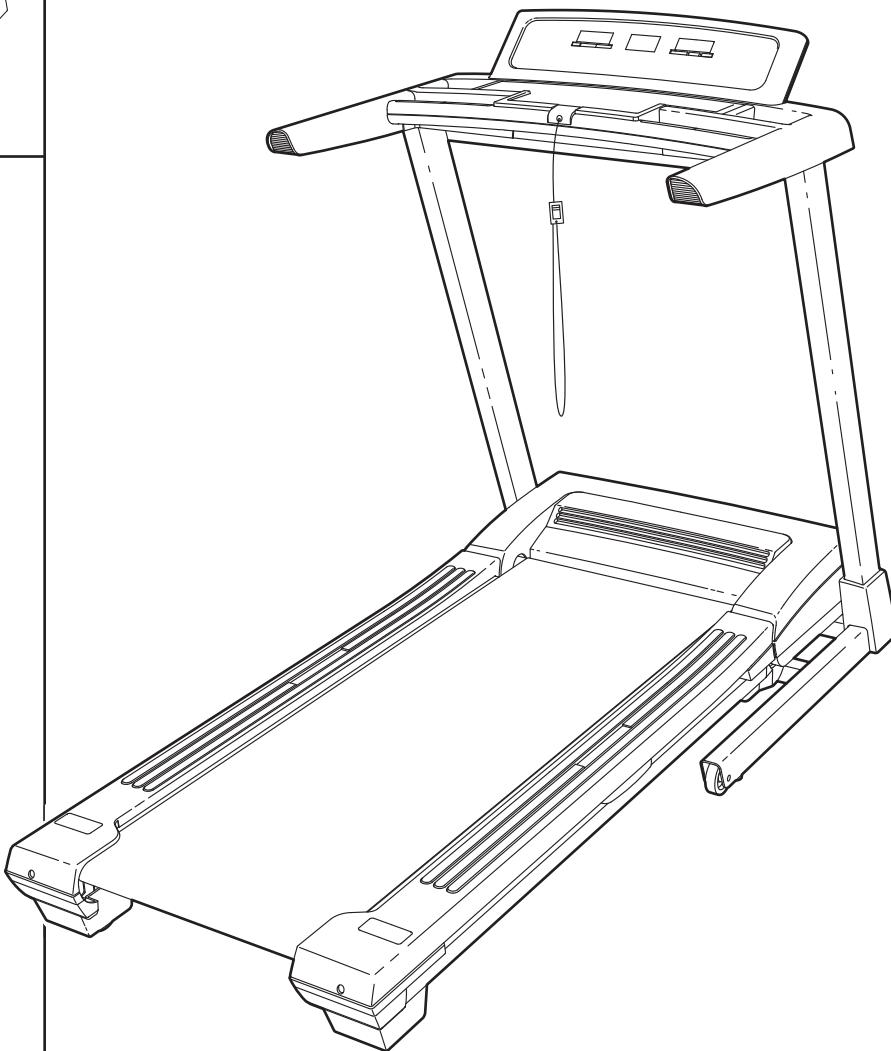
Leeds, LS11 8JG

UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

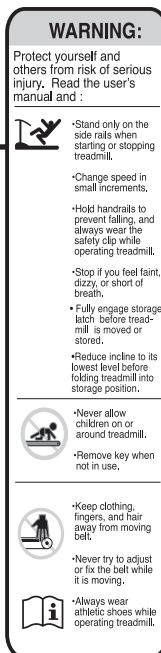
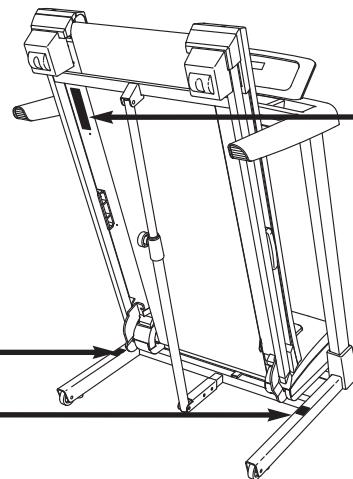
www.iconeurope.com

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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 286 lbs. (130 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
12. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 5 ft. (1.5 m).
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 18 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 16.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
22. Never insert any object into any opening on the treadmill.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

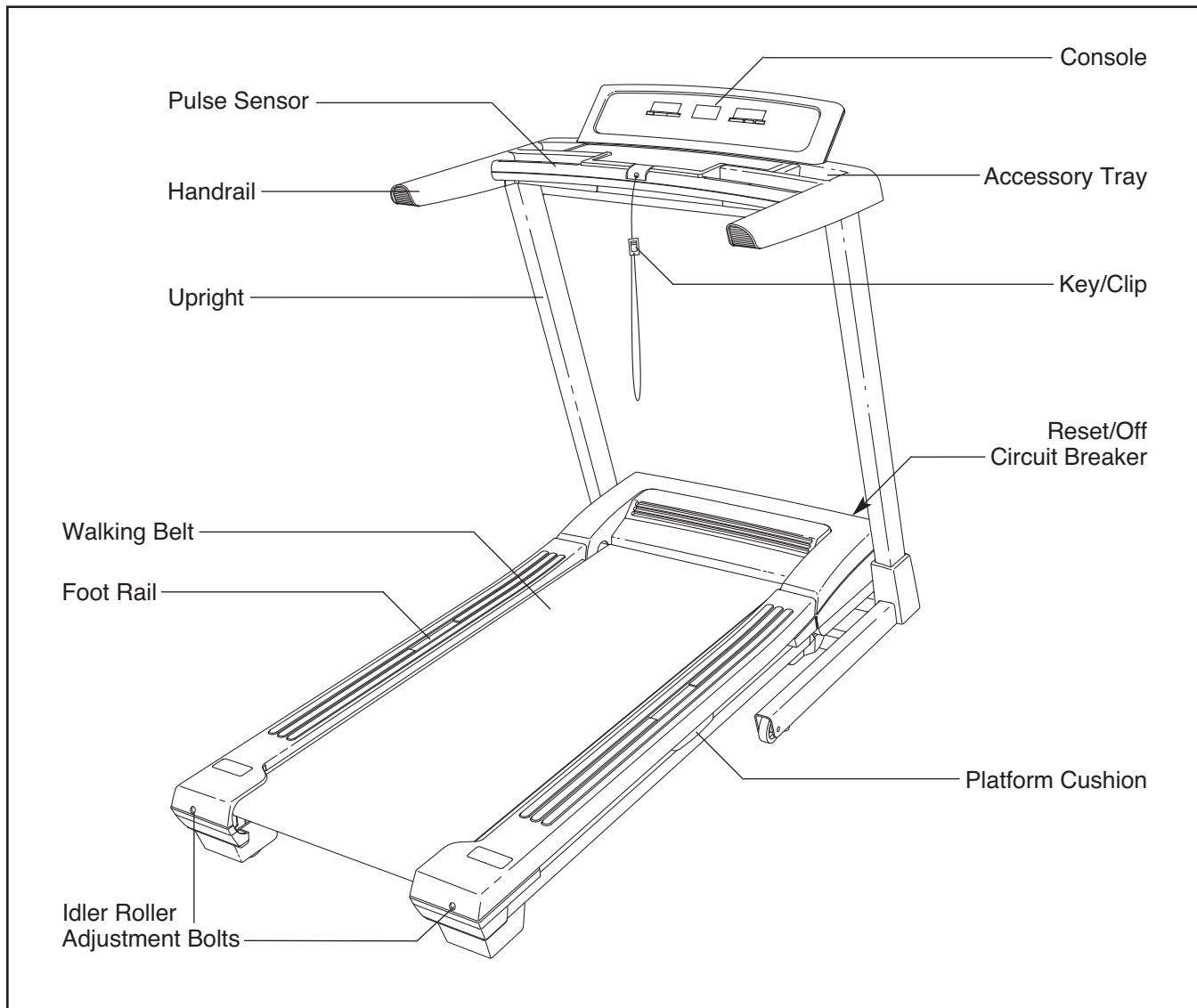
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® QUICK START 7.0 treadmill. The QUICK START 7.0 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

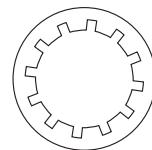


ASSEMBLY

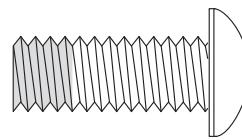
Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys .

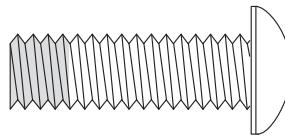
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



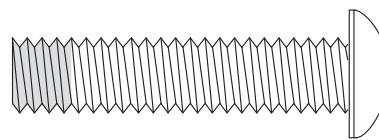
3/8" Star Washer
(4)-6



3/8" x 1" Patch Bolt (1)-2



3/8" x 1 1/4" Patch Bolt (2)-2



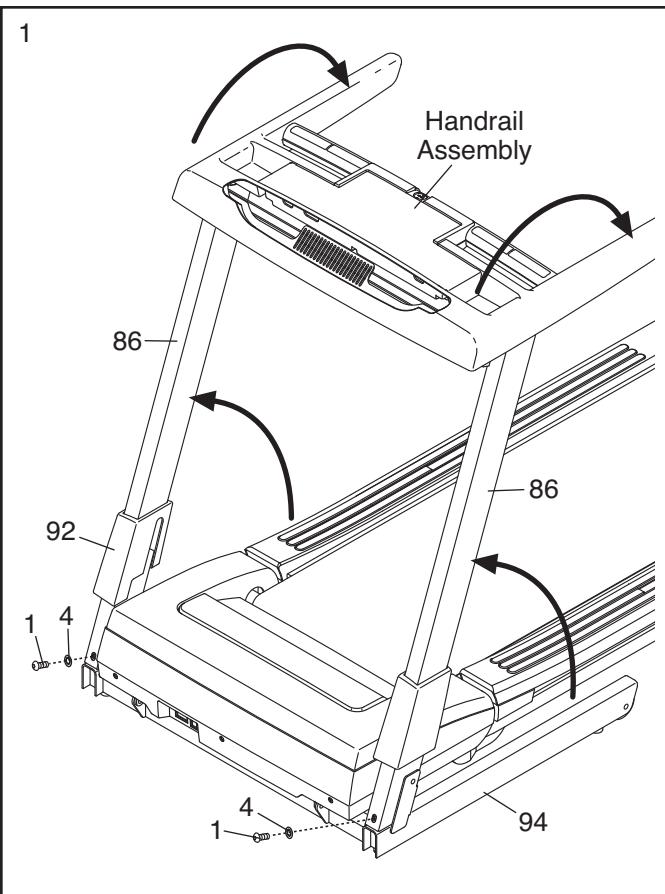
3/8" x 1 3/4" Patch Bolt (3)-2

1. Make sure that the power cord is unplugged.

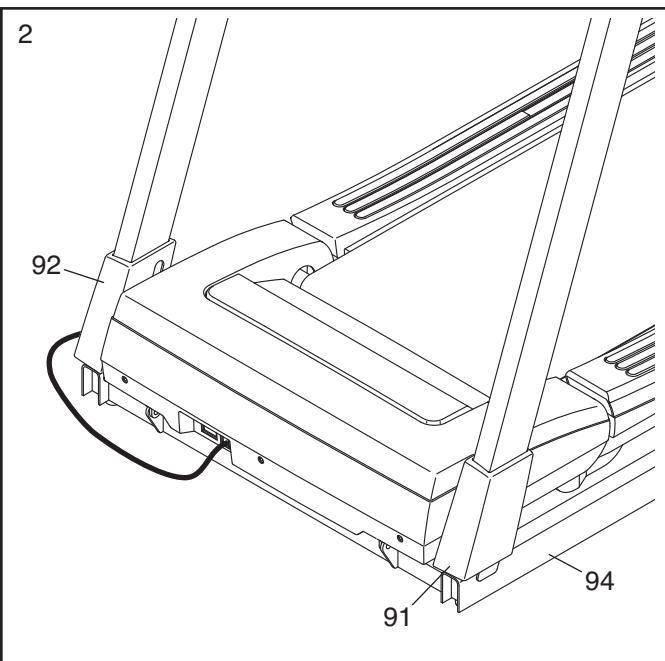
Raise the Uprights (86) to the vertical position. Tip down the handrail assembly.

Have a second person slide the Right Upright Cover (92) up the right Upright (86). Partially tighten a 3/8" x 1" Patch Bolt (1) with a 3/8" Star Washer (4) into the right Upright and the Base (94); **do not fully tighten the Patch Bolt yet.**

Attach the left Upright (86) to the Base (94) in the same way. **Then, tighten both 3/8" x 1" Patch Bolts (1).**

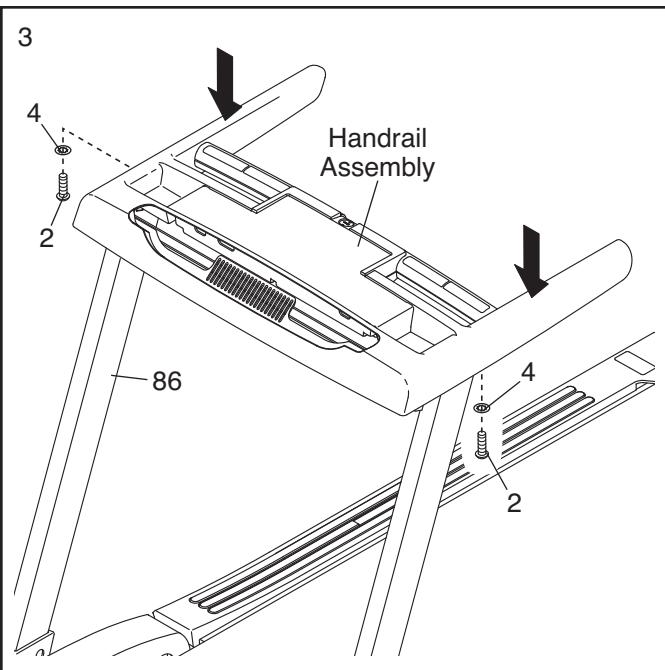


2. Slide the Left Upright Cover (91) and the Right Upright Cover (92) down against the Base (94).



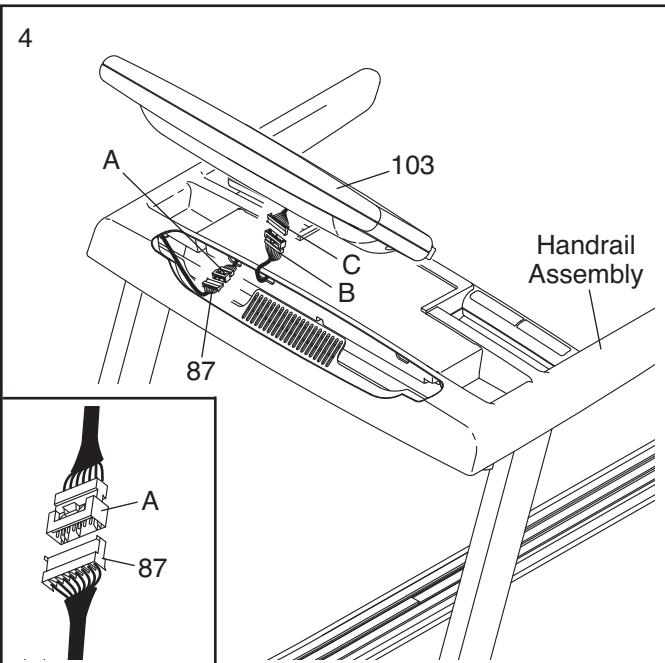
3. Make sure the handrail assembly is resting on the Uprights (86). If necessary, press down gently on the handrail assembly in the locations shown.

Attach the handrail assembly to the Uprights (86) with two 3/8" x 1 1/4" Patch Bolts (2) and two 3/8" Star Washers (4). **Start both Patch Bolts before tightening either of them.**



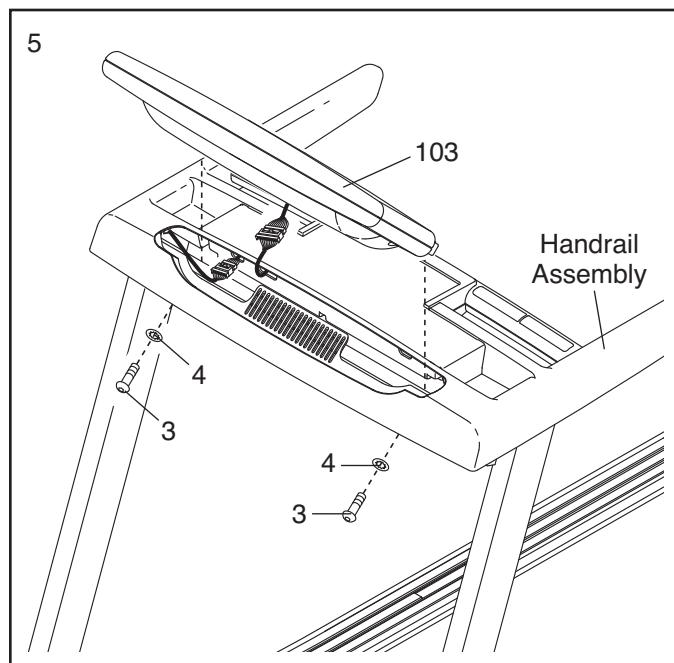
4. Have a second person hold the Console (103) near the handrail assembly. Connect the Upright Wire (87) to the handrail assembly wire (A). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER.** Make sure that the Upright Wire and the handrail assembly wire have connectors that are the same size.

Connect the other handrail assembly wire (B) to the console wire (C). Insert the connectors and the excess wire into the handrail assembly.



5. Set the Console (103) on the handrail assembly. **Be careful not to pinch the wires.**

Attach the Console (103) on the handrail assembly with two 3/8" x 1 3/4" Patch Bolts (3) and two 3/8" Star Washers (4). **Start both Patch Bolts before tightening either of them.**



6. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 19 and 20).

OPERATION AND ADJUSTMENT

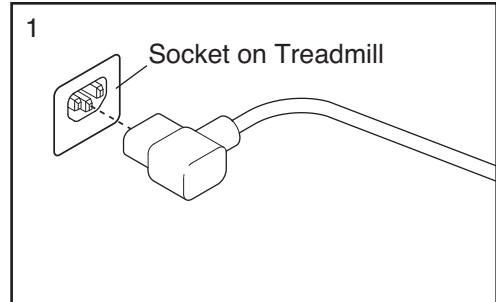
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.

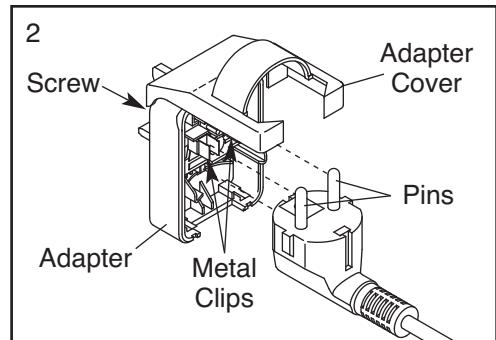
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT:** If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

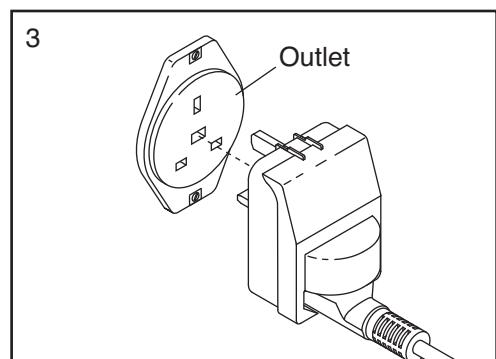
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT:** Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.

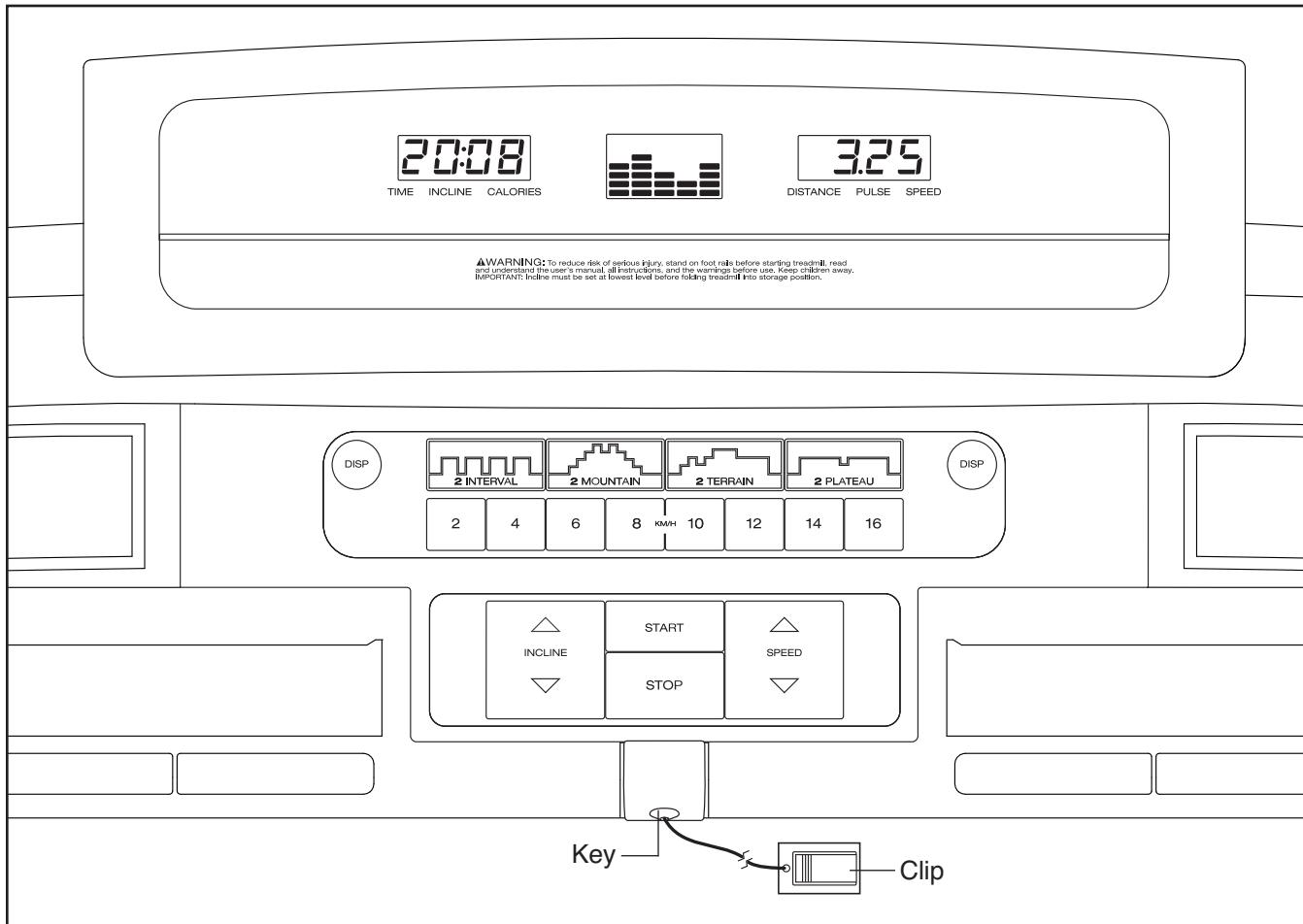


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT:** The treadmill is not compatible with RCD-equipped outlets.



DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also offers eight preset workouts—two interval workouts, two mountain workouts, two terrain workouts, and two plateau workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 12. **To use the manual mode**, see page 12. **To use a preset workout**,

see page 14. **To use the information mode**, see page 15.

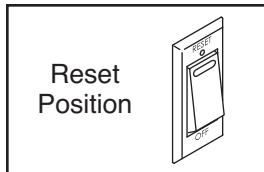
IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 20).

Note: The console can display speed and distance in either kilometers or miles. To find which unit of measurement is selected, see **THE INFORMATION MODE** on page 15. For simplicity, all instructions in this manual refer to kilometers.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 15 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

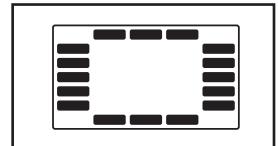
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a preset workout, reselect the manual mode by pressing one of the workout buttons (Interval, Mountain, Preset, or Plateau) repeatedly until a track appears in the displays.



3. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the eight speed buttons numbered 2 through 16.

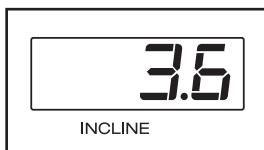
If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 KM/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 KM/H; if you hold down a button, the speed setting will change in increments of 0.5 KM/H. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the speed of the walking belt will gradually change until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

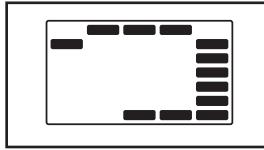
4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.



5. Follow your progress with the displays.

The track—The track represents a distance of 1/4 mile (402 meters). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The left display—As you exercise, the left display can show the elapsed time, the incline of the treadmill, and the approximate number of calories that you have burned. Press the Disp button below the left display until the desired information or the scan mode is selected. When the scan mode is selected, the time, incline, and number of calories will appear in the display for a few seconds each. When the scan mode is selected, the word SCAN will appear in the display.



The right display—The right display can show the distance that you have walked or run and the speed of the walking belt. The display also shows your heart rate when you use the handgrip pulse sensor (see step 6). Press the Disp button

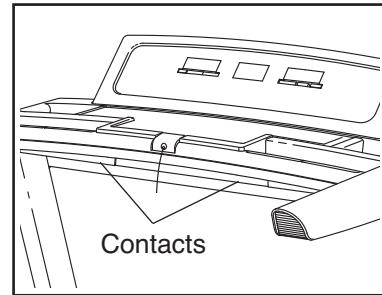


below the right display until the desired information or the scan mode is selected.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails and hold the contacts for approximately 10 seconds—avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

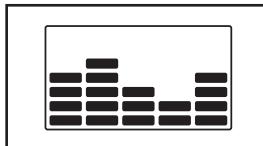
HOW TO USE A PRESET WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select one of the eight preset workouts.

To select an interval, mountain, terrain, or plateau workout, press the Interval, Mountain, Terrain, or Plateau button repeatedly. The maximum speed and incline settings of the selected workout will flash in the displays for a few seconds. Then, the duration of the workout will appear in the displays for a few seconds. In addition, a profile of the speed settings of the workout will scroll across the display.

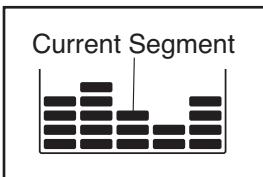


Each workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and incline settings may be programmed for consecutive segments.

3. Start the walking belt.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the workout. Hold the handrails and begin walking.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout.



The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the displays to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 KM/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the displays.

See step 5 on page 13.

5. Measure your heart rate if desired.

See step 6 on page 13.

6. When you are finished exercising, remove the key from the console.

See step 7 on page 13.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console. You can also turn on or turn off the display demo mode.

To select the information mode, insert the key into the console while holding down the Stop button. Then, release the Stop button. When the information mode is selected, the following information will be shown:

An "M" for metric kilometers or an "E" for English miles will appear in the left display. Press the Speed increase button to change the unit of measurement, if desired.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert

the key into the console.

However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the left display while the information mode is selected. To turn on or turn off the display demo mode, press the Speed decrease button.



The right display will show the total number of hours that the treadmill has been used.



Press the Disp button below the right display. The right display will also show the total number of kilometers or miles that the walking belt has moved.



To exit the information mode, remove the key from the console.

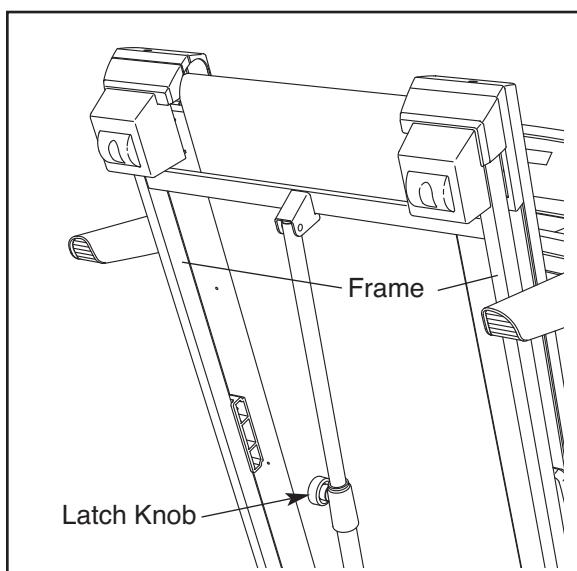
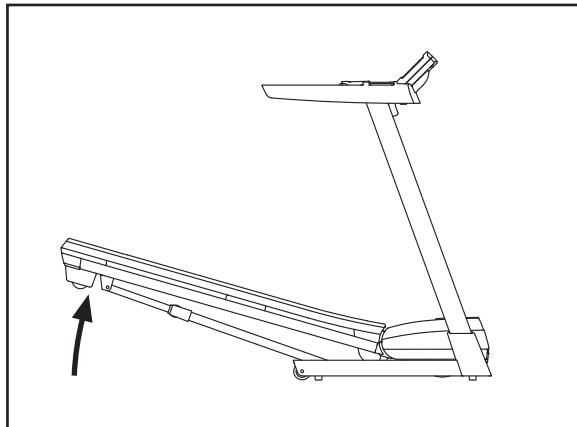
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

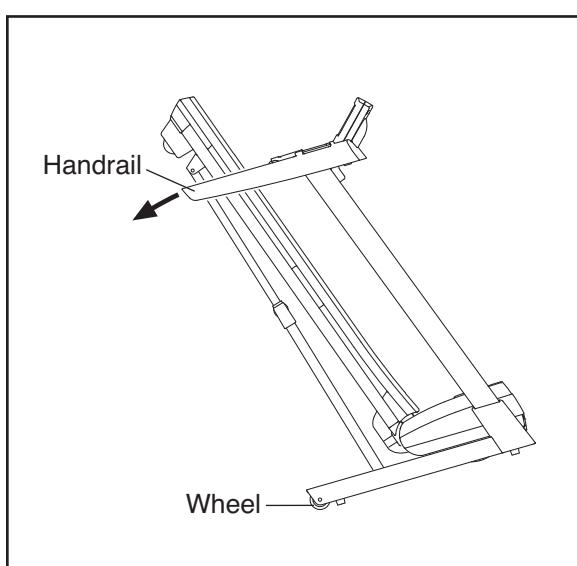
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

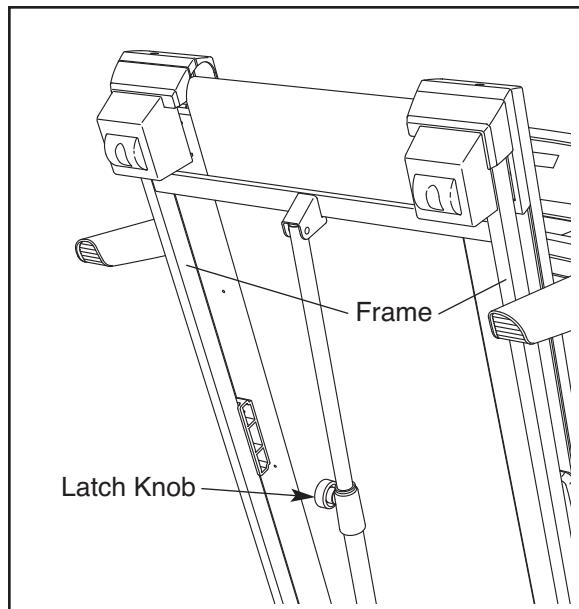
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

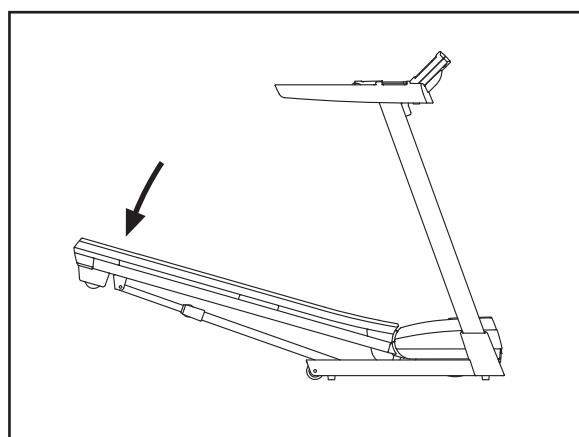


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. Hold the metal frame firmly with both hands and lower it to the floor. **CAUTION:** Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.



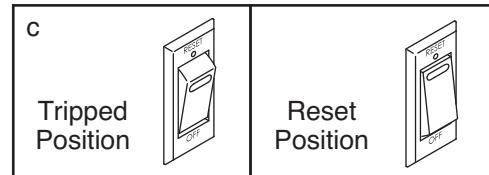
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

- b. After the power cord has been plugged in, make sure that the key is inserted into the console.
- c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

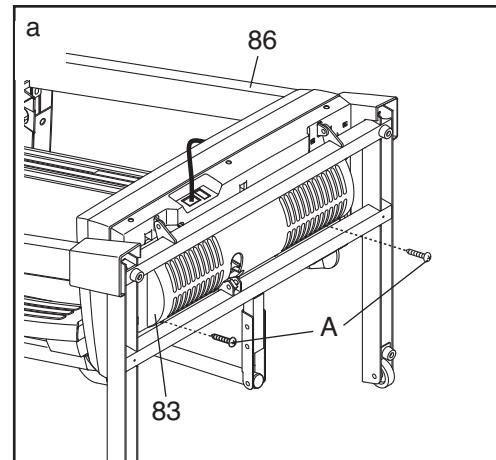
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

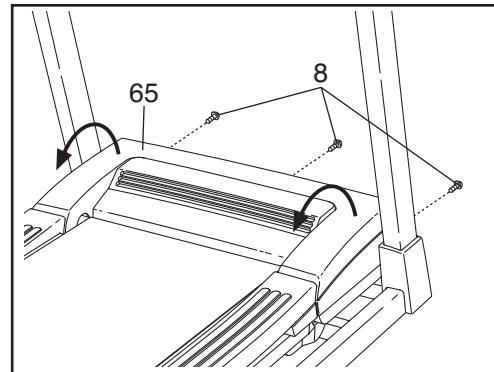
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on 15 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip down the Uprights (86). There may be two Screws (A) in the bottom of the Belly Pan (83). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.

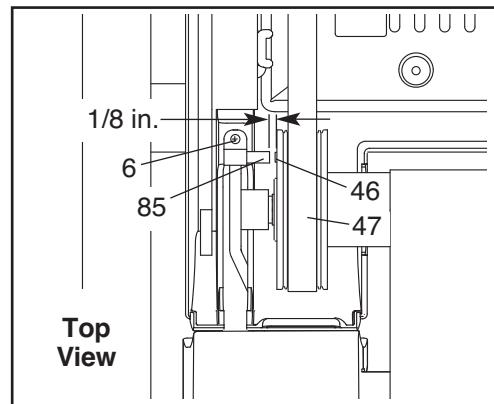


Remove the three M4.2 x 19mm Washer Head Screws (8) and carefully pivot the Motor Hood (65) off.



Locate the Reed Switch (85) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 19mm Screw (6), move the Reed Switch slightly, and then retighten the Screw.

Reattach the Hood (not shown) with the #8 x 3/4" Screws (not shown). Reattach the #8 x 2" Screws (not shown) if necessary. Run the treadmill for a few minutes to check for a correct speed reading.



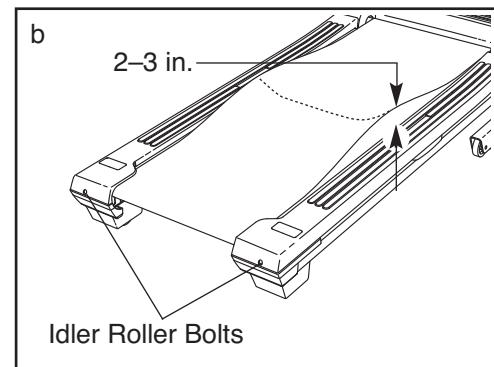
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).

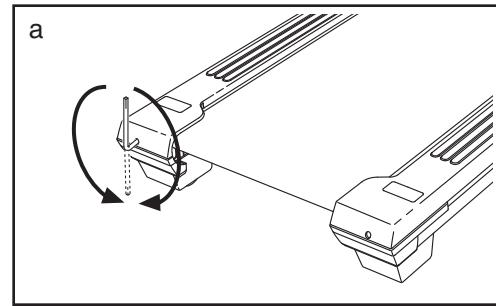
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



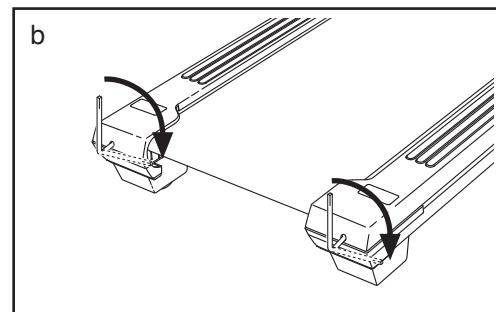
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD.** If the walking belt has shifted to the left, use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PETL60708.0

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

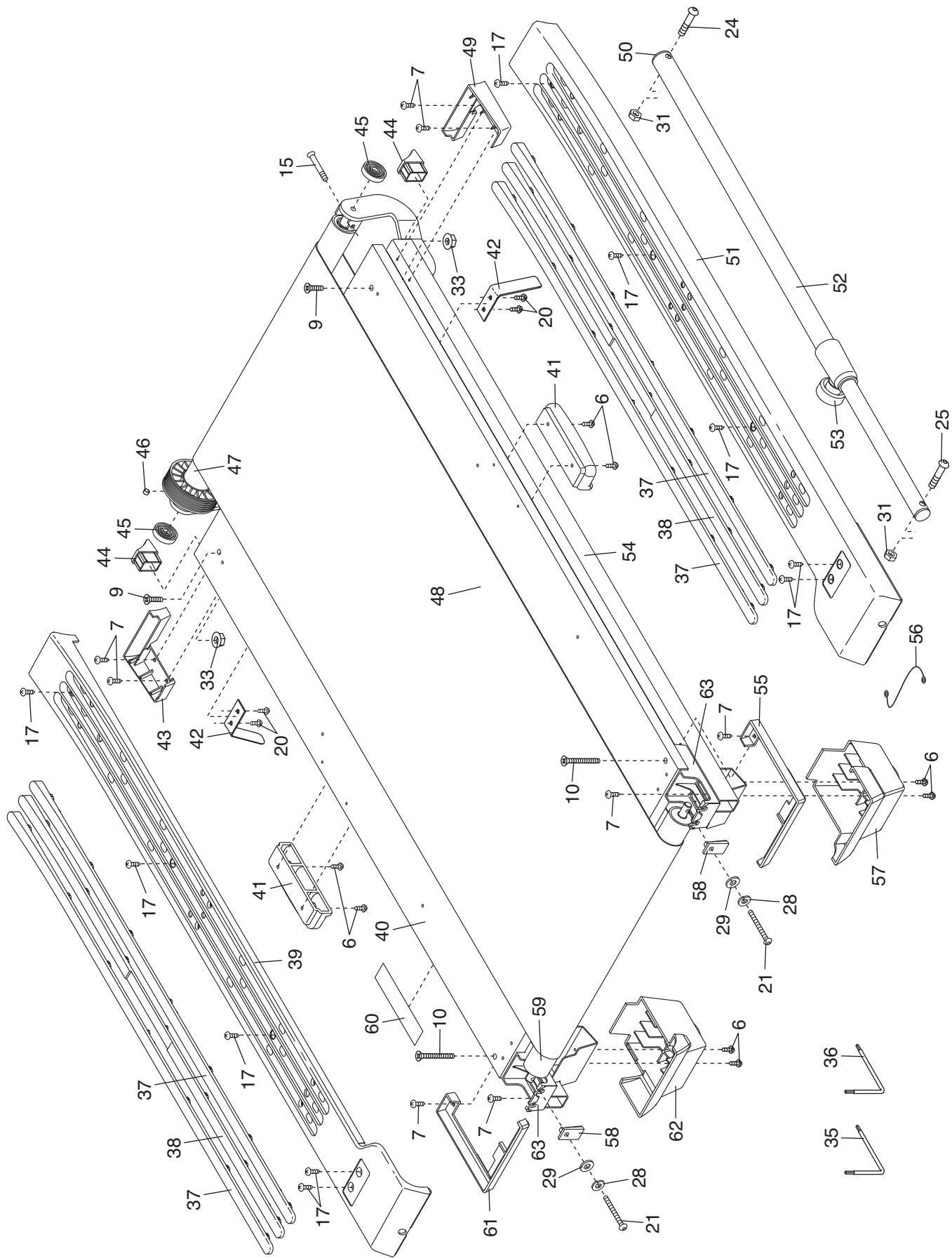
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	3/8" x 1" Patch Bolt	51	1	Right Foot Rail
2	2	3/8" x 1 1/4" Patch Bolt	52	1	Latch
3	2	3/8" x 1 3/4" Patch Bolt	53	1	Latch Knob
4	6	3/8" Star Washer	54	1	Frame
5	5	M4.2 x 13mm Washer Head Screw	55	1	Right Rear Platform Support
6	9	M4.2 x 19mm Screw	56	1	Ground Wire w/Decal
7	41	M4.2 x 13mm Screw	57	1	Right Rear Foot
8	3	M4.2 x 19mm Washer Head Screw	58	2	Roller Bracket Spacer
9	2	M8 x 35mm Bolt	59	1	Idler Roller
10	2	M8 x 90mm Bolt	60	1	Latch Warning Decal
11	2	3/8" x 1" Patch Bolt	61	1	Left Rear Platform Support
12	1	3/8" x 1 3/4" Bolt	62	1	Left Rear Foot
13	1	3/8" x 1 1/2" Bolt	63	2	Idler Roller Bracket
14	2	3/8" x 1" Bolt	64	1	Hood Accent
15	1	M6 x 45mm Bolt	65	1	Motor Hood
16	11	M4.2 x 10mm Screw	66	2	Motor Bushing
17	10	M5.5 x 25.4mm Screw	67	1	Lift Frame
18	2	Motor Bolt	68	1	Motor Belt
19	2	M10 x 50mm Bolt	69	1	Drive Motor
20	4	M4.2 x 13mm Belt Guide Screw	70	1	Motor Isolator
21	2	M6 x 70mm Bolt	71	1	Power Cord Adapter
22	6	M4.2 x 25mm Tek Screw	72	2	Plastic Tie
23	2	3/8" x 3/4" Bolt	73	1	Controller Ground Wire
24	3	3/8" x 2" Bolt	74	1	Electronics Bracket
25	1	3/8" x 1 3/4" Bolt	75	1	Filter
26	2	3/8" x 2 1/4" Bolt	76	1	Base Ground Wire
27	5	#6 x 1/2" Screw	77	1	Drive Roller Ground Wire
28	2	M6 Lock Washer	78	1	Transformer
29	2	M6 Flat Washer	79	1	Receptacle
30	5	#6 Flat Washer	80	1	Reset/Off Circuit Breaker
31	12	3/8" Jam Nut	81	1	Controller
32	2	M10 Lock Nut	82	1	Power Cord
33	2	M8 Flange Nut	83	1	Belly Pan
34	3	Hood Clip	84	1	Reed Switch Clamp
35	1	Hex Key	85	1	Reed Switch
36	1	5 mm Hex Key	86	1	Upright
37	4	Outside Foot Rail Insert	87	1	Upright Wire
38	2	Inside Foot Rail Insert	88	1	Incline Motor Wire
39	1	Left Foot Rail	89	1	Incline Motor
40	1	Walking Platform	90	1	Incline Motor Spacer
41	2	Platform Cushion	91	1	Left Upright Cover
42	2	Belt Guide	92	1	Right Upright Cover
43	1	Left Front Platform Support	93	2	Caution Decal
44	2	Frame Cap	94	1	Base
45	2	Frame Spacer	95	2	Wheel
46	1	Magnet	96	2	Base Foot Spacer
47	1	Drive Roller/Pulley	97	6	Base Foot
48	1	Walking Belt	98	1	Latch Bracket
49	1	Right Front Platform Support	99	1	Releasable Tie
50	1	Latch Cap	100	3	15 1/2" Cable Tie

Key No.	Qty.	Description	Key No.	Qty.	Description
101	8	8" Cable Tie	115	1	M4 x 10mm Bolt
102	1	Console Back	116	2	M4.2 Star Washer
103	1	Console	117	1	M4 Nut
104	1	Key/Clip	118	1	#8 x 1/2" Screw
105	1	Lower Console	*	—	4" Black Wire, 2F
106	1	Console Base	*	—	8" Blue Wire, 2F
107	1	Access Door	*	—	8" Blue Wire, F/Flag
108	2	Console Post	*	—	16" Blue Wire, M/F
109	1	Handrail Frame	*	—	8" White Wire, 2F
110	1	Left Handrail Cover	*	—	8" White Wire, F/Flag
111	1	Console Ground Wire	*	—	12" Red Wire, M/F
112	1	Right Handrail Cover	*	—	10" Black Wire, M/F
113	3	Cable Tie	*	—	User's Manual
114	1	Grommet	*	—	4" Green/Yellow Wire, M/R

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

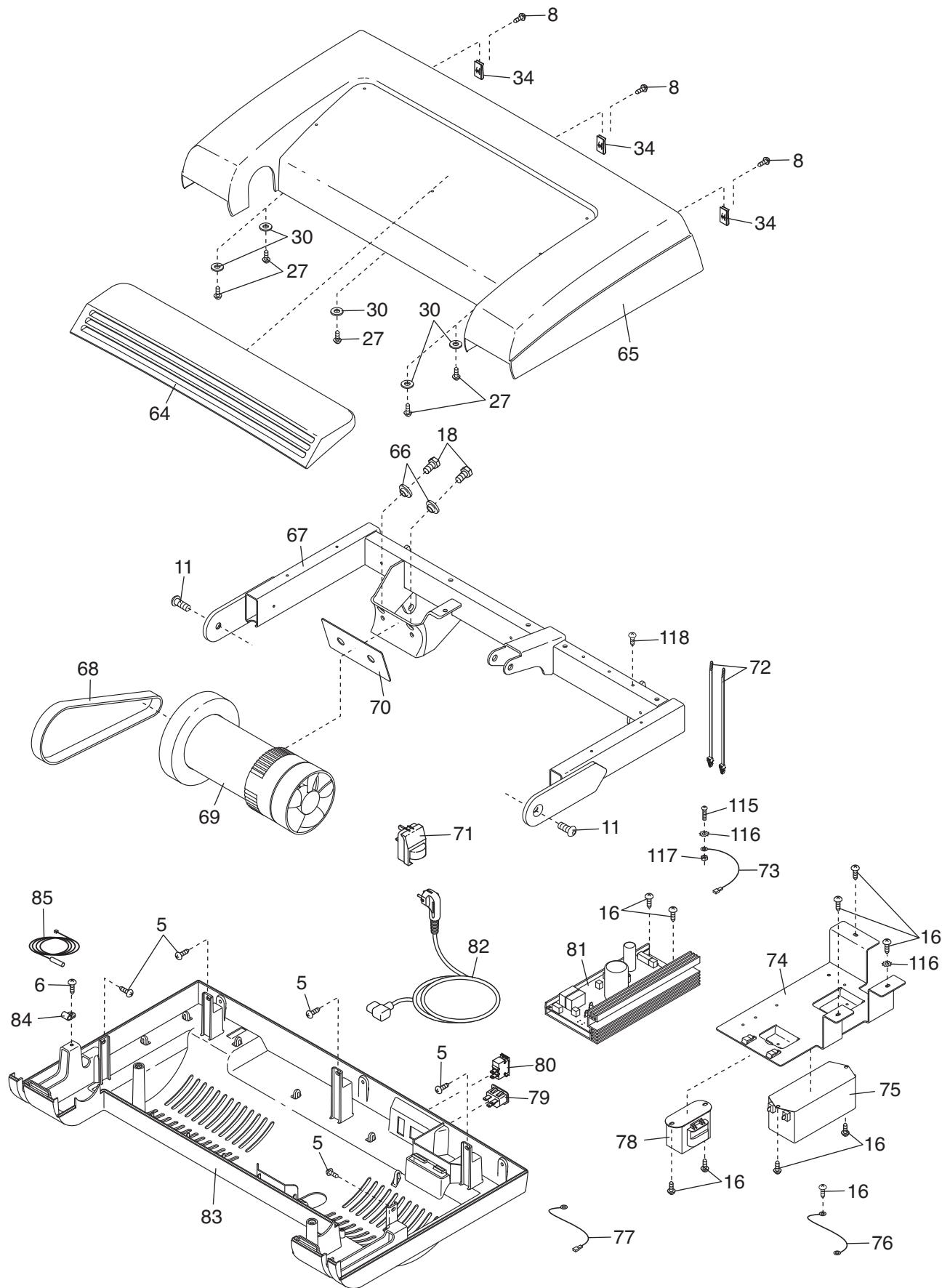
EXPLODED DRAWING A—Model No. PETL60708.0

R1208A



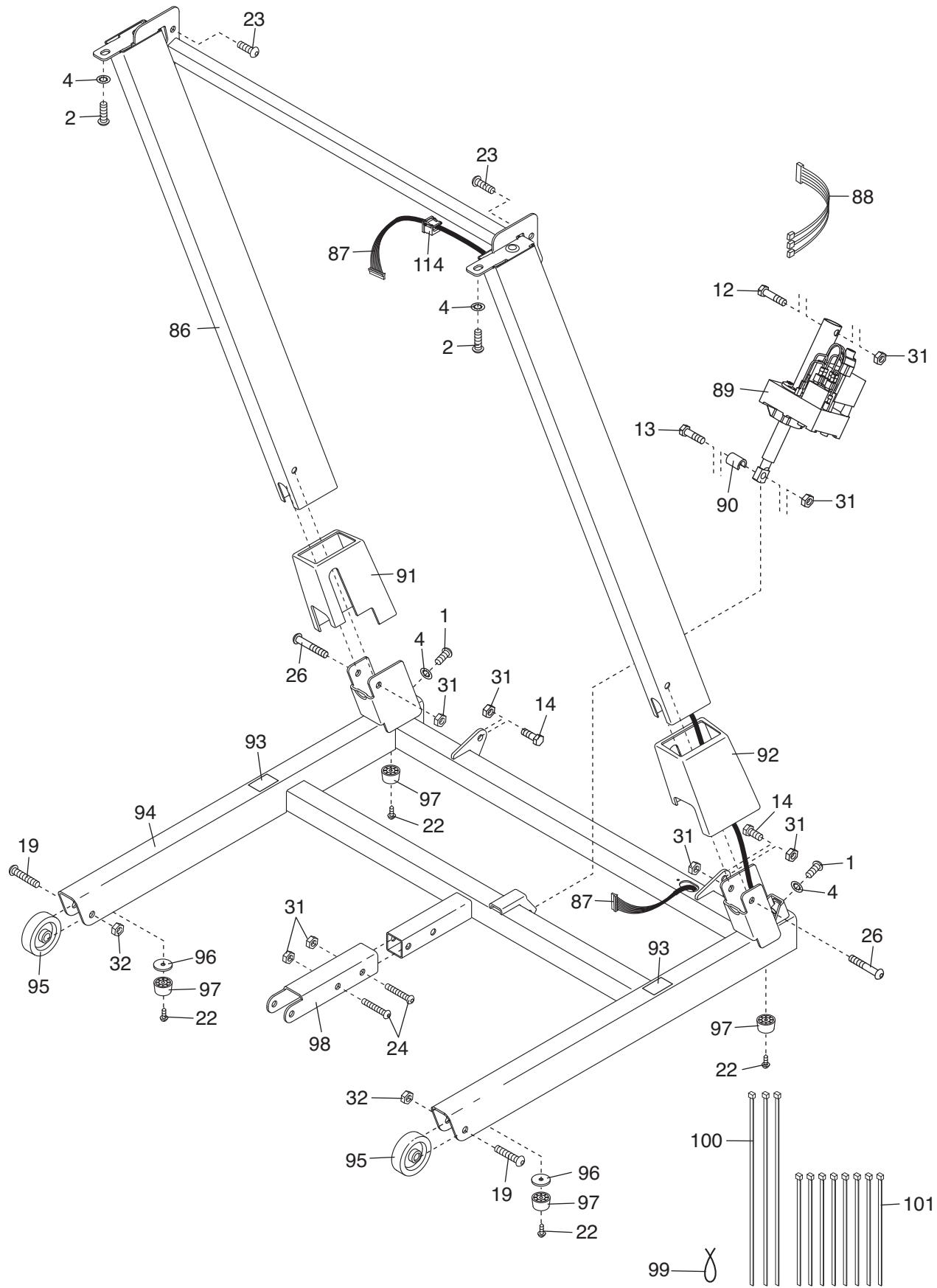
EXPLODED DRAWING B—Model No. PETL60708.0

R1208A



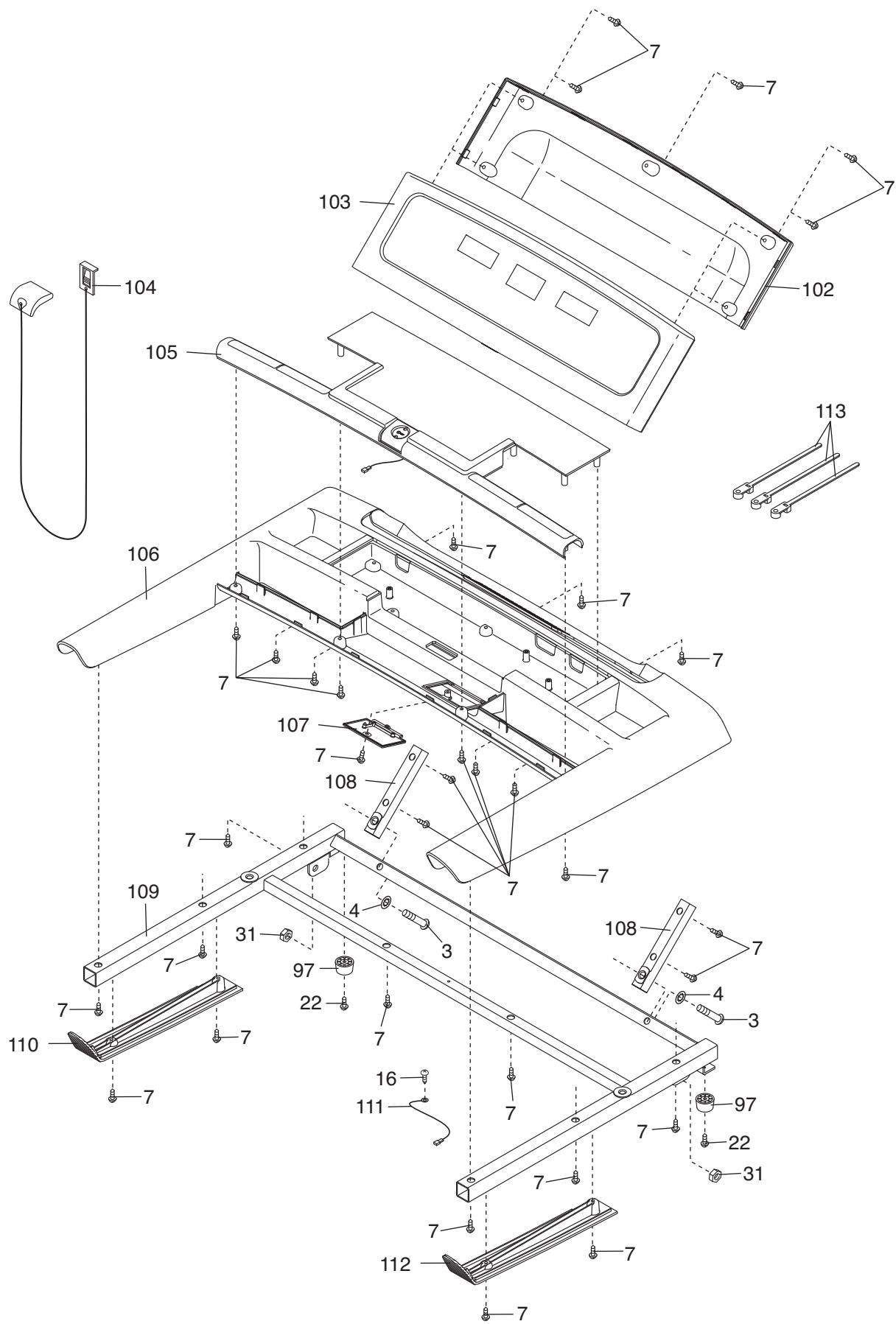
EXPLODED DRAWING C—Model No. PETL60708.0

R1208A



EXPLODED DRAWING D—Model No. PETL60708.0

R1208A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

